

# CRUSADER

Vol. 8, No. 11    Serving the 98th ASG and the 235th, 279th, 280th and 417th BSBs – Army communities of excellence    June 9, 2000

**Ansbach • Bad Kissingen • Bamberg • Giebelstadt • Illesheim • Kitzingen • Schweinfurt • Wuerzburg**



**Bad Kissingen G-A fest brings back good times**

**See Page 6**

## Tires must meet U.S. standards

U.S. personnel stationed in Germany must make sure their car tires meet standards set by the Department of Transportation before shipping cars to the United States. All tires should have the letters DOT followed by a code of up to 11 numbers and letters on the tire-side wall. For more information, visit the National Highway Transportation Safety Administration website at [www.nhtsa.dot.gov/cars/testing/tir-erate](http://www.nhtsa.dot.gov/cars/testing/tir-erate).

## Ban on propane tanks

Department of Defense sponsored personal property shipments cannot include propane tanks of any type. Carriers have been notified that they are not allowed to pack and crate propane tanks in any household goods or unaccompanied baggage shipment.

## Packets arriving late

Summer hire applicants must have their resumes in along with their completed inprocessing forms. These forms are available from the chrma website at [www.chrma.hqsareur.army.mil](http://www.chrma.hqsareur.army.mil). The inprocessing packages are to be turned in eight days after the resumes are submitted. Without them, applicants can't start work. For more information, call 351-4672 or (0931) 2964672

## Watch bus safety during last days



**Kirkland**

With the end-of-school-year excitement, students need to pay special attention to school bus rules according to Richard Kirkland, school bus transportation supervisor. Most bus accidents happen in the last weeks of the school year. Kirkland advises students to obey monitors, board and depart quickly and remain seated and reasonably quiet. Parents are encouraged to volunteer as bus monitors during the last school days. For more information, call 350-7277 or (0931) 702523.

## ANC travelers need seats

Children weighing less than 40 pounds and under 40 inches high must use a Federal Aviation Administration, or FAA, approved car seat when traveling with Air Mobility Command. Families who fail to have the appropriate car seat will be denied boarding. For more information, call (703) 4281433 or (703) 4281437.



Olivia Feher

## Kidding around at kindergarten

Eddie Devlin, an employee with Army & Air Force Exchange Service-Europe, builds sand castles with his son Eddie, 5, at the Noah's Ark Kindergarten in Lengfeld, Wuerzburg. This particular kindergarten has more than 100 slots. Many others in the greater Wuerzburg area are having problems filling all their slots, so programs are being cancelled. American parents are encouraged by the command to find out more about placing their children in German kindergartens. For more information on area kindergartens, call the central registration office at 350-6452 or (0931) 8896452.

See story on Page 9

## Working together helps families

### Germans, Americans learn from each other

by **Olivia Feher**  
CRUSADER

A year ago, when the German army deployed for the first time since after WW II, they set up family support centers and points along the lines of the U.S. Army centers.

Last month a group of 98th ASG staff members visited a local German army family support center in Veitshoechheim to see how their German counterparts deal with problems that arise when spouses are deployed.

"Although we have different approaches when dealing with families of deployed soldiers, basically we are all doing the same thing – getting problems solved," said Maj. Frank Schloesser, Tank Brigade 36, G-3, Balthasar-Neumann Barracks in Veitshoechheim.

"Our centers and support points are manned 24 hours a day, are run by active duty soldiers and are equipped with a personal computer, fax, copy machine, etc. We don't run as many programs as the U.S. centers but encourage the family members themselves to get to know each other well and help out where they can," Schloesser said.

German families get together once a month and go on an outing. They're encouraged to get to know each other and strengthen ties outside the garrison.

"Sometimes it's a little difficult as we have no female workers here in the center, and some spouses would really like to talk to another female about their problems. But, we still manage with a lot of patience and being good listeners," said MSgt. Werner Feuchter, the center's deputy director.

"Although our two militaries have different approaches on how to run their family support centers, they still are geared to meet specific needs," Feuchter said.

Dianne Hamilton, 417th BSB volunteer coordinator, said, "There's a social structure in place on the German side that we, as Americans living in Germany, just don't have. That's why we have to have many other support programs running, like how to balance the bank book, or how to get the car fixed when it won't start. Also, we use volunteers and family support groups to get information out to families. German spouses use a toll-free telephone and military personnel, after verification, return those calls and supply information."



Olivia Feher

**MSgt. Werner Feuchter takes a break during a family support center briefing.**

## Community focus

### Percentages of personnel who are minorities in the military



|                       |            |
|-----------------------|------------|
| ● <b>Army</b>         | <b>40%</b> |
| ● <b>Navy</b>         | <b>34%</b> |
| ● <b>Marine Corps</b> | <b>32%</b> |
| ● <b>Air Force</b>    | <b>24%</b> |

Source: Defense Department's Defense Link

By: Olivia Feher

## Top honor for JROTC cadet

by **Lisa Soule**  
CRUSADER

A Wuerzburg American High School student received top honors from the National Society of the Sons of the American Revolution.

Nicholas Downing, a Junior Reserve Officers Training Corps major, was named outstanding cadet and commander of the society's honor legion. He will also receive a check for \$1,000 and a gold star medallion to be worn on his uniform.

"I was excited when I heard the news," Downing said.

He competed against JROTC cadets in Europe and the United States for the prestigious award. Contest judges scrutinized his grades, high school records and an essay about how JROTC made him a better citizen.

The cadet boasts a 4.14 grade point average and holds a first-degree black belt in tae kwon do. His record also reflects his en-

thusiasm for sports and community activities.

Downing has been a cadet for the past three years. "I enjoy being a part of it, and I have an ambition to be an Air Force officer," he said.

As the son of an Air Force senior master sergeant, Downing said participating in the Army program has broadened his knowledge of the military in general.

His father, Russell Downing, was assigned to 2nd Air Support Operations Squadron until the end of May. The family's next duty station is in Ft. Lewis, Wash.

But that won't be the end of Downing's travels. Part of the honor includes travel expenses to the National Society of the Sons of the American Revolution National Congress in Boston, Mass., where he will receive his award.



**Downing**

# School's out June 15 – please drive carefully



# Take leave and enjoy Europe this summer

Taking leave is one of the important benefits of serving our nation. It is even more beneficial here on the beautiful, historic and wonderful continent of Europe. We are all busy for sure; regardless, I encourage everyone to take advantage of what might be a once-in-a-lifetime opportunity to experience Europe as a resident.

You can almost be anywhere in Europe in less than 24 hours by car, bus, train or plane. From Piccadilly Circus in London to the wild moors of Scotland, to the canals and windmills of Holland, to the sights of Paris, to the beaches of Spain, or to the tranquillity of the Alps, they are all readily accessible.

Located in Europe, we have the unique opportunity to see places and people most Americans only read about in a book or see on television. Look in your own backyard. Take a day or two during a three- or four-day weekend and visit some of the many world-famous attractions that we have right here in Franconia.

Like the Rococo Fest or Residenz in Ansbach. The Little Venice canals and Franconian Beer Museum in Bamberg. The picturesque hills of Little Switzerland located between Nuernberg and Bamberg. The market place and city hall located in Schweinfurt. The tower and Main River located in Kitzingen,

or the Residenz and Marienberg Castle in Wuerzburg. All of these sites are wonderful and steeped with history.


If you are not interested in visiting historical or cultural sights, try volksmarching, bicycling or just stop by one of the many local wine and beer fests during the summer. The key here is to enjoy Europe and all it has to offer to the fullest. Try leaving home for a while to relax and mingle with our German hosts as a welcome member of the local community.

Please consider taking leave this summer. Sadly, and all too often, we find ourselves in a use-or-lose situation with respect to our leave. You certainly work hard for the leave you earn. An added benefit is, you do not need weeks or have to spend a lot of money to see Europe. So, plan now and enjoy the beautiful summer months ahead along with the sights and sounds of Europe.

Team of Teams!

*Gerald E. Ferguson, Jr.*  
**GERALD E. FERGUSON JR.**  
Colonel, Armor  
98th Area Support Group Commander

# Thumbs up – Thumbs down

 Thumbs up to Health Promotions coordinators **Candance Jones and Lisa Reid**. They did a wonderful job with the WAHS Health Fair. Thanks to all the speakers who volunteered their expertise to share it with our students.

Hope Rooney, Wuerzburg

Thumbs up to **Sgt. John Hicks**, Company A, 701st Main Support Battalion, for coordinating the April 20-24 BOSS trip to Spain. During the trip, Hicks was a role model professional soldier, demonstrating how an NCO should behave and act. He also treated everyone with respect and dignity. Thanks for a job well done.

Capt. America Planas, Wuerzburg

Thumbs up to the **417th BSB S1 office, the 38th Personnel Service Battalion, the SATO Travel Office and several others** who helped my family and me when we learned that my sister had been killed in a car accident. The 417th Administration Office diligently prepared my emergency leave form, then notified the 38th Personnel Service Battalion of the matter. The 38th PSB was waiting on me and worked through their lunch hour to complete my DA31. All the staff members at the SATO Travel Office worked on separate computers and made countless phone calls to find a flight with enough seats for my whole family. In my family's time of loss and need, they were a great help. Thanks to all of you. You really do make a difference.

SFC Ray S. Wilcox, Wuerzburg

Thumbs up to the **Wuerzburg Vet Clinic**. Recently we went through the trauma of putting

our 16-year-old family dog to sleep. It was a decision that we had agonized over for weeks. Everyone at the clinic showed the utmost care and compassion during this trying time including sending a sympathy card signed by all members of the staff. These professionals made this ordeal a lot easier on the grieving family.

Tracy Pierson, Wuerzburg

Thumbs up to **Maj. Kathy Scherer, Nancy Gibson and Holly Marcome** for taking time out of their busy schedules and making the trip to Poland to purchase the pottery for this year's spring bazaar. The selection and patterns were a big hit with the volunteers as well. Thanks a lot for the hard work and your time.

Joe Scherer, Wuerzburg

Thumbs up to **Mary Griffin-Bales** of the 98th ASG CPAC at Faulenberg Kaserne. She gets a "standing O" for working until 7 p.m. on a Friday night to make emergency leave orders for our family due to the sudden death of a stateside family member. We wrote the following poem for her:

Recently from a CPAC angel, we believe,  
Came help to put us on emergency leave.  
She worked on a Friday, long after hours,  
To resolve that situation of ours,  
While wanting no compensation to receive.

Cindy and Bill Knoll, Wuerzburg

Thumbs down to the **coordinators of the Wuerzburg German-American Volksfest** for using our soldiers for parking detail. Going by the numbers of people who attended the Volksfest, the event was a huge success, earning

many dollars for the Morale, Welfare and Recreation Program. However, this event wasn't fun for the soldiers who had to pull six-hour shifts for 10 days. In many cases, these soldiers came from already undermanned offices, creating additional stress to the soldiers left behind to pick up the workload. It is hoped that some of the profits will be used to hire additional gym staff so our soldiers will never have to perform gym detail again. There is more honor in performing a 'latrine burn-out,' an actual soldier task found in the field manual, than to have soldiers direct traffic for this event. In a time of dwindling benefits, continued deployments and slow improvements to soldier quality of life, such senseless additional duties only lend more reasons for soldiers to reconsider their military service. I'm sure we can find a more worthwhile duty for these soldiers considering the dollars and hours we have invested in their training. Let's strive not to use soldiers as cheap labor.

MSgt. Larry Lane, Wuerzburg

\* \* \*

"Thumbs up – Thumbs down" is about people who do a good job. It's also about people who need to be more considerate of others. This column is not about institutions, units, agencies or situations that could be subject to legal action under the Uniform Code of Military Justice.

Submissions must be brief and include the writer's name and telephone number. The identity of the submitter will be published along with the comments.

Send comments to Thumbs up – Thumbs down; CRUSADER; 98th ASG PAO; Unit 26622; APO AE 09244. Or bring them to room 216, building 208, Faulenberg Kaserne, Wuerzburg. Phone-in submissions are not accepted.

# Milestones

Congratulations to **SSgt. Sean Christopher McNeil and Spec. Ana Alvarenga**, noncommissioned officer and soldier of the quarter, respectively, at the U.S. Army Hospital, Wuerzburg.

Congratulations to the following 67th Combat Support Hospital soldiers who earned the Expert Field Medical Badge at Bad Kreuznach May 12: **Capt. James Cahill, 1st Lt. Dennis Estrada, 2nd Lt. Brent Ramsey, Sgt. John Gray, Spec. Roy Walker and PFC Nathaniel Schultze**. The 67th CSH led the 30th Medical Brigade in the EFMB success rate. The locals had a 28 percent success rate, compared to the overall rate of 16 percent.

Congratulations to the winners of the 280th BSB Earth Day recycled crafts competition. **Heather Moroschak, Angel Bookend and Betty Haywood** were among the top three finishers. In the children's categories, **Casey Murphy, Challis Hackley and Chad Hackley** were the winners.

Congratulations to **Alexis Santana**, who was named volunteer of the month for April by the 280th BSB installation volunteer program staff in Schweinfurt.

Congratulations to **Eugene Miley**, 98th ASG Directorate of Logistics nontactical vehicle fleet manager, for performing critical responsibilities between January 1999 and December 1999. He successfully transitioned 959 new vehicles as part of the 1,081 total vehicles authorized by the ASG. His outstanding skills, along with his technical experience, job knowledge and personal drive enabled him to overcome remarkable challenges and achieve total success.

# Street talk: what do you admire most about your father?

Photos by CRUSADER staff



Beth Rohr, School Liaison Officer, 235th Base Support Battalion, Ansbach

"He's kind, conscientious, knowledgeable, and has a sense of humor. We have a lot of fun watching things like Sinfeld together. We're very close."



Sgt. Michael Dixon, Company C, 82nd Engineer Battalion, Warner Barracks, Bamberg

"My grandfather raised me, so I've always seen him as a father figure. I look up to him for taking care of me. He did what a real man does – look after his family."



Pvt.1 Jonathan Demitry, 1st Squadron, 4th Cavalry, Conn Barracks, Schweinfurt

"My father takes care of us. He takes care of business. What I mean is that he doesn't make my Mom do too much. He's in the military, too, at Fort Drum, N.Y."



2nd Lt. Kearson Schuck, Headquarters and Headquarters Company, Division Support Command, Harvey Barracks, Kitzingen

"I admire my dad for being smart and motivated. A former soldier, he gives me advice on my Army career and how to deal with situations."



Capt. Shawn Harvey, Operations Officer, 235th Base Support Battalion, Ansbach

"What I admire most about my father is his commitment to family. He always put the needs of our family before his own. And he always made sure that my sisters and I put education first."



SSgt. Robert Jones, 1st Infantry Division Band, Warner Barracks, Bamberg

"I admire that he's still with my mom after all these years. He's always been good to mom, my sister and me. Both he and I have the same personality – he's pretty crazy."



Jeremy Ortiz, 14, family member, Schweinfurt Middle School, Schweinfurt

"What I admire most is how my father raised me. He's been tough on me, and he's raised me in his own way. And I also admire his fantasies about cars. He really loves his cars."



Sarah Torres, family member, Company D, 5th Battalion, 158th Aviation, Giebelstadt

"My dad takes me on walks and to the playground. He took me to the circus and we saw a bear and a tiger. It was a really big tiger with white and black spots."

# CRUSADER

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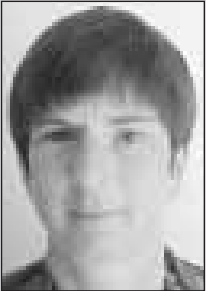
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Reader contributions are welcome but will be published at the discretion of the editor.

### BSB welcomes new commander



**Connally**  
Lt. Col. Cindy Connally officially took over the reigns as 235th BSB commander in a change of command ceremony June 9. She replaces outgoing commander Lt. Col. Stan Sims. Connally attended Officer Candidate School and was commissioned as a 2nd Lt. in 1981. Her most recent assignment was as the chief, G2 Plans, Operations and Exercises Division at I Corps, Ft. Lewis, Washington. Connally's awards and decorations include: the Defense Meritorious Service Medal, the Meritorious Service Medal with two Oak Leaf Clusters, the Army Commendation Medal with one Oak Leaf Cluster, the Army Achievement Medal with two Oak Leaf Clusters and the Joint Meritorious Unit Award with one Oak Leaf Cluster. She is married to Jeffrey Cochran from Castle Rock, Wash.

### New worship starts at Barton Chapel

A new Evangelical service begins at the Barton Chapel Sundays at 9 a.m. For more information, call 467-2176.

### Give blood at the Katterbach Fitness Center

The 6th Battalion, 52nd Air Defense Artillery, wants your help. They're sponsoring a blood drive at the Katterbach Fitness Center June 12-13 from 9 a.m.-2 p.m. The USAREUR blood donor center is running low, please give the gift of life. For more information, call 467-2403 or 467-2846.

### Need a break?

To access the income eligibility guidelines for the Department of Defense school lunch/breakfast program, log on at [www.fns.usda.gov/cnd/lunch](http://www.fns.usda.gov/cnd/lunch), or for more information, call 370-3971 or (06221) 573971.

### Rainbow adopts uniforms

Rainbow elementary school parents voted for their children to wear uniforms next school year. Students would wear navy or Khaki pants, skirts or Bermuda shorts and a solid color shirt. For more information contact the school at 468-7808 or (0981) 183808.

## 235th BSB

The Crusader, 235th Base Support Battalion, editorial office is located in building 5257, Barton Barracks, telephone 468-7649 or (0981) 183649. Mailing address is PAO, Crusader, 235th Base Support Battalion, CMR 463, APO AE 09177.

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The 235th BSB hot line is 468-7800 or (0981) 183800. The patient liaison number is (0171) 2235529.

|                              |                       |
|------------------------------|-----------------------|
| 235th BSB Commander .....    | Lt. Col. Stanley Sims |
| Public Affairs Officer ..... | Frauke Davis          |
| Journalist .....             | Kristy Snedden        |

# Students showcase their work

## Language arts fest comes to Ansbach

by Kristy Snedden  
CRUSADER

At 11 years of age, Rainbow Elementary student Peter Pyo has written his second book. A collection of short stories entitled "Lying Billy and Other Wonderful Stories."

"It's a book about morals, children who made bad decisions and learned from their mistakes," Peter said.

Peter and other students had the chance to present their books at Wuerzburg School District's 6th annual language arts festival hosted by Rainbow Elementary.



Pyo

The festival features young authors, like Peter, along with storytellers and oral readers.

Jane Roark, the talented and gifted teacher at Rainbow Elementary, served on the planning committee.

"It's a celebration of all their hard work," Roark said.

With a little help from teachers, students write and illustrate their own books.

"It was really fun and I like writing," Peter said.

About 250 students from schools throughout the district participated in the festival.

Representatives from each school were selected by judges for best book and/or as school-level winners of their oral reading and storytelling competition.

"The kids are very enthusiastic because they like to see the finished product. So they really apply themselves," Roark said.



Polynesian dancer Teri Rivers entertains the crowd with a special performance.

by Kristy Snedden  
CRUSADER

In celebration of Asian-Pacific American Heritage Month, the 235th Base Support Battalion Equal Employment Opportunity Office, or EEO, sponsored the 7th annual Luau.

The Luau featured the Polynesian Paradise Kuhio Dancers and exotic Asian-Pacific American cuisine.

The dancers wore traditional costumes as they performed dances from the islands.

Dancers also pulled members from the audience to see if they could shake their hips like belly dancers. First came the women, and Yvonne Mcquire from EEO was among the first to try.

The real entertainment started when dancers pulled men from the audience for a competition. CSM Paul Jackson and Mike Colton from Morale, Welfare and Recreation won applause for their performance. The best dancer, chosen by the audience's applause, was Jackson.

"We had some outstanding books. This was our best year ever. We had a hard time deciding on the top nine. Every year they just seem to get better."

"The goal of the day-long festival is to encourage and celebrate language arts writing, reading, listening and speaking," said Rosanna Currier, reading and language arts curriculum liaison and chairperson of the festival.

Students spent the day attending different sessions including a performance by professional storyteller Toni Simmons.

"She was phenomenal. It's great that students had the opportunity to interact with professional authors and storytellers," Currier said.

The top winner in the oral reader contest was Brittany Hayes from Illesheim Elementary School, and top honors in the best storyteller category went to Ontaya Sanchez from Wuerzburg Middle School. No top book was selected.

## LUAUing in Ansbach

The Polynesian dancers tour around the country performing for service members and their families.



CSM Paul Jackson, 235th BSB, takes a lesson in dancing from Melissa Cayton.



Photos by Kristy Snedden

Left to right, Teri Rivers, Kimo Pang, Melissa Cayton, Chad Pang and Maile Coates dance at the luau. They are all members of the Polynesian Paradise Kuhio dancing troupe.

# Soldier named air traffic controller of year

by Sgt. George Couch  
V Corps PAO

The Air Traffic Controller of the Year comes from V Corps' 12th Aviation Brigade, 3rd Battalion, 58th Aviation in Ansbach. Sgt. Jamie Appleberry won the award presented by the Army Aviation Association of America.

Appleberry was selected by Company B, 3rd Bn., 58th Avn., to be nominated for the award. Her nomination was based on her accomplishments from 1999, of which there are many.

Appleberry earned the award after a year filled with many achievements. She spent eight months of 1999 deployed to



Appleberry

Bosnia and Kosovo.

While in Bosnia during January and February, her mission was to get the incoming National Guard unit "up to speed" on the equipment and airfield. Then from July through December she served in Kosovo for Operation Allied Force. A proud accomplishment for her is that she, along with SSgt. Jody Jones, worked the first shift ever in Kosovo after setting up airfield operations.

Appleberry also managed to find some study time during her hectic year, going before battalion, brigade and promotion boards. She proved to be a leader, among her peers, in winning the 12th Aviation Soldier of the Year award for 1999.

While in Kosovo, one of the biggest challenges for Appleberry was dealing with foreign aircraft.

"We got a lot of foreign NATO aircraft. Sometimes you had to

use very simple English so they could understand," Appleberry said.

With the work Appleberry has done for the Army, her skills would be valuable in the civilian world. Yet, she chooses to stay in the military.

"I reenlisted almost three years ago. The bonuses help keep me in," she said.

Appleberry is part of an air traffic controller Army family. She met her husband, SSgt. Elliot Appleberry, during her previous assignment at Fort Rucker, Ala. They both serve as air traffic controllers and have worked in the air traffic control tower at the Katterbach Army Airfield since February 1998.

When their assignment ends in Germany, they hope to get back to where they met at Fort Rucker.

Take Army 102



If you're feeling overwhelmed by Army acronyms, then take Army 102, a crash course offered by Army Community Service at Preston Hall June 20 from 9 a.m.-2:30 p.m. Army 102 covers military grades, command structures, benefits, entitlements, compensation, Army traditions, customs, courtesies and protocol. You can also find out more about deployment resources and Army Family Action Plans. To sign up, call Lori Durant at 469-8487 or (0951) 3008487.

See soldier show

Don't miss out on the fun at a soldier show in the former theater, building 7110, June 22 at 8 p.m. Enjoy a free 90-minute variety show performed by soldiers for soldiers. Doors open at 7 p.m. and refreshments will be available for purchase.

Take dad out

Enjoy Father's Day brunch at the Warner Club June 18 from 10 a.m.-2 p.m. Cost for ID card holders is \$11.95 and \$6.50 for children ages 6-12. Non ID card holders pay \$13.95 and children ages 6-12 pay \$7.50. Children age 5 and younger dine free. Seating times are 10 and 11 a.m. and noon. Seating is limited and reservations are recommended. To reserve a table, call 469-8816 or (0951) 3008816.

Be a sponsor

Welcome new residents to Bamberg by learning everything you need to become a great sponsor. Enroll in an Army Community Service, or ACS, sponsorship training class at the ACS classroom June 15 at 1 p.m. Soldiers and family members are encouraged to attend. Units may request training at their convenience. To sign up, call 469-7777 or (0951) 3007777.

Indulge in a trip

Discover European hot spots with Bamberg's Recreation Center. See the sights of the Black Forest June 17. Round up the kids for fun at Phantasialand or shop for crystal in Prague June 24. Cruise the Rhine River July 1. Attend a medieval fest in Kaltenburg July 8. For departure times and costs, call 469-8837 or (0951) 3008837.

Welcome home set

Hail soldiers and civilians deployed in support of Task Force Falcon at a welcome home ceremony at Pendelton Field June 22 at 2 p.m.

279th BSB

The Crusader, 279th Base Support Battalion, editorial office is located in building 7089, room 423, Warner Barracks, Bamberg, telephone 469-7581 or (0951) 3007581. Mailing address is PAO, Crusader, 279th Base Support Battalion, Unit 27535, Warner Barracks, APO AE 09139.

The 279th BSB hot line is 469-4800 or (0951) 3004800. Patient liaison number is (0951) 3007492.

Internet web site 279th BSB:  
http://www.bamberg.army.mil

279th BSB  
Commander ..... Lt. Col. Winston Lewis  
Public Affairs Officer ..... Renate Bohlen  
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# German-American ties strengthen



Constructed in 1577, Bamberg's old town hall, built over the Regnitz river, houses a collection of Baroque porcelain today.



Left, Pvt. 2 Elizabeth Suarez assists Bamberg's Lord Mayor Herbert Lauer to pour beer after she tapped a keg.

by Cheryl Boujnida  
CRUSADER

With a swift whack of a wooden mallet, Pvt. 2 Elizabeth Suarez cemented German-American relations in Bamberg for the 46th time. The keg tapping kicked off German-American Friendship Week events May 9-12

Suarez, Headquarters and Headquarters Company, 54th Engineer Battalion, aided Herbert Lauer, Bamberg's lord mayor, in the keg tapping because she was the newest incoming soldier invited to the Altenburg castle dinner.

Seventy-five American soldiers enjoyed a two-hour walking tour and indulged in Franconian cuisine and Bamberg beer to the tunes of a musical trio at Altenburg castle.

In concise English, Lauer explained the history of the castle to his guests and welcomed them to Bamberg.

"The tradition of inviting American soldiers to Altenburg castle has great meaning. Tonight, the city embraces Americans as citizens of Bamberg who are viewed as neighbors and not

foreigners," Lauer said.

Soldiers were beckoned by Lauer not to isolate themselves but to participate in Bamberg events.

"This kind of living develops a sense of belonging that will foster a better and more peaceful world," he stressed.

American guests were pleased to take part in festivities.

"It's impressive to tell my family about having dinner in a castle. Germans are great – they love to celebrate," said Spec. Scott Lambert, Headquarters and Headquarters Company, 1st Infantry Division, Engineer Brigade.

Other highlights in the week included a concert by 1st Inf. Div. Band, a sporting event and gala reception.

"By being a true neighbor, we can look forward with anticipation to a future filled with the promise of a vital, ever-expanding alliance and friendship," said Brig. Gen. Craig Peterson, Headquarters and Headquarters Company, 1st Inf. Div., assistant commander.



Photos by Cheryl Boujnida

Members of the 1st Infantry Division Band play in Bamberg's market square during German-American friendship week.

# Reserve counselor paves career paths

## Army National Guard changes many lives

by Cheryl Boujnida  
CRUSADER

John Baczynski is a steam roller.

In fact, fresh tar still sizzles on some roads he's paved for soldiers who've served their country.

Working as a career counselor in the reserve component's office on Warner Barracks for Resource Consultants, Inc., he's shaped the lives of many soldiers who have opted to join the Army National Guard and United States Army Reserve.

"It's important for soldiers to know that there's life after the military," he said.

Baczynski recognizes high stress factors associated with soldiers who are getting out of the military, making life decisions, and he provides viable options without pressure.

"I encourage each soldier to take his or her time and listen to everyone in the clearing process," Baczynski said.

In monthly Army Career Alumni Program, or ACAP, pre-separation briefings, he outlines the benefits of continuing military service to soldiers that are clearing. Not everyone is eligible to join the guard or reserves.



Cheryl Boujnida

John Baczynski, left, advises Spec. David Graham on his career options in the Warner Barracks reserve component's office.

"I meet soldiers who want to get out of the Army but aren't really prepared for a civilian world. Once the pacifier of medical benefits, housing and other perks is gone, it's a reality

check for many," he said.

"Joining the guard or reserves can provide many soldiers with an additional \$528 per month while they draw their GI bill also," Baczynski said.

# Children's summer camp offers adventure, fun

by Cheryl Boujnida  
CRUSADER

As school's end draws near, now's the right time to plot summer plans.

School age services, or SAS, and youth services, or YS, Camp Adventure Programs will surely remedy summer boredom.

Kids grades 1-5 enjoy nine action-packed weeks of fun with SAS from June 19 through Aug. 18 one week at a time.

Programs focus on sports, health and fitness, arts, recreation and leisure activities, mentoring, intervention and support skills, life skills, citizenship and leadership opportunities, and special interests.

"Each week offers a unique theme which appeals to children's sense of curiosity. It's something kids just have to experience and

can't be summed up in words," said Cynthia Sebastian, SAS program coordinator.

Designed to kid specifications, camp programs offer new and exciting dimensions for kids to explore.

At amazing invention convention, June 19-23, children brainstorm, investigate gizmos and gadgets, design dream machines to float in space, swim, and tour an amusement park. At star spangled spirit spectacular, June 26-30, sparks will fly as kids cheer and play a double header, swim, and visit a Playmobil fun park.

At rangers, robots and toybox treasures, July 5-7, children will root and toot at a rodeo roundup, dig into the depths of their toy boxes, count down the top ten toys of all time, swim, and set off for Schloss Thurn park. Following weeks also feature exciting themes through Aug. 18.

"During the first couple of days of camp, kids are shy. And before you know it, they meet a best buddy before the week is out. My motto is if you've had fun then you've won," Sebastian said.

SAS camp fees are based on income and range from \$38-\$86 per week. Multiple child discounts up to 10 percent are offered. Price includes meals, snacks, entrance fees, round-trip bus transportation and more.

For additional information, call 469-8698 or (0951) 3008698.

For kids age 11-18, YS offers summer camp activities from globetrotting in Paris to sand boarding to touring Legoland.

Register for summer camps at central registration in the Army Community Service building from 8 a.m.-4:30 p.m. Mon through Fri. For more registration information, call 469-7716 or (0951) 3007716.





Lisa Soule

## Go for the goal

Wuerzburg Girls Varsity soccer fans and team members celebrate a goal during a tie breaking shootout against Kaiserslautern. The game was tied at 1-1. The 2-0 shootout score led the team to victory in their last home game.

# Wuerzburg principal heads to Harvard

by Lisa Soule  
CRUSADER

While students enjoy their summer break, Wuerzburg’s high school principal will be getting an education.

Charles Toth was one of three Department of Defense Dependents Schools administrators selected to attend a Harvard University leadership seminar.

“I’m excited about this coveted training opportunity for my personal growth, and for what I will bring back,” Toth said.

The university describes the Focus on Accountability seminar as a challenging six days of study, exchange and practice. Toth will also be expected to accomplish follow-up work during the next school year.

In his first year in Wuerzburg, Toth has earned the reputation as a tough and caring administrator.

“Mr. Toth’s discipline is strict, but he does care and he’s behind the students 100 percent,” said Bambi Carter, senior.



Toth

The principal takes a visible role in the school, walking hallways, visiting classrooms and loading busses.

“He doesn’t label students or hold things against us. He talks to us like adults and tries to get us involved,” said Laneise Ross, senior.

Toth said his leadership philosophy is based on whatever helps in the classroom.

“I encourage teachers to analyze and question themselves. Each action teachers and students take should benefit student achievement,” he said.

He also believes learning should take place in a global environment.

“Teachers should provide opportunities for students to collaborate their strategies and lessons and incorporate technology. This is where education has to go,” he said.

Toth said he understands that the way he was taught is now passé. Today’s students have grown up in a faster paced, visually stimulating environment.

“For these kids, just sitting in a classroom becomes a challenge,” he said.

For all the challenges he faces, Toth said he is excited about American education.

# Dachau visit raises questions

by Lisa Soule  
CRUSADER

A rabbi, protestant chaplain and a priest took a trip back in time.

The three 417th BSB chaplains boarded one of four busses that took Wuerzburg, Kitzingen and Giebelstadt soldiers and employees to visit Dachau Concentration Camp for the “Days of Remembrance,” during Holocaust observance week.

“Visiting a place like this has one of two results. People either see an increase in their lack of faith, or they become more faithful, said Chaplain (Lt. Col.) Avi Weiss, a reservist rabbi.

Volunteer guides from the Dachauer Forum led groups around the camp, tracing its history as well as the evolution that took place under the leadership of Adolf Hitler.

“I think the biggest question posed by the Holocaust was not where was God, but rather, where was man?” Weiss said.

Stone markers stand where barracks were once packed with prisoners. A museum shows photos of the monstrosities that once took place there.

“This trip raises a lot of questions. What happened here, how did it happen and what lessons have we learned?” said the rabbi.

The Dachau camp, originally an ammunition factory that closed after World War I, opened as a prison camp in 1933. As the first concentration camp in Germany, it became a model for others.

“The holocaust is a good example of what happens when people are out of touch with Biblical reality,” said Chap. (Maj.) Buzz Mattingly.

“Visiting Dachau is important to understanding German history, and a prime example of man’s inhumanity to man,” Mattingly said.

For other group members, the visit was an impressive lesson.

“It was very educational. Being there on the ground really drives the point home,” said MSgt. Michael Peek, Headquarters and Headquarters Company, Division Support Command.

“I thought it was a somber, very sobering experience,” said CWO 2 Mark Bottomly, Headquarters and Headquarters Battery, 69th Air Defense Artillery.



Lisa Soule

Sgt. Annette Andrews, HHT, 69th ADA, approaches the memorial synagogue at the Dachau Concentration Camp.

## Meet the people



**Name:** Karl Radina.

**What do you do:** I run an Army and Air Force Exchange Service-Europe snack bar on Faulenberg Kaserne.

**What’s the best part of your job:** I like the hours.

**What does your job entail:** I am a one-man show, serving up breakfast, fast-food lunch and daily specials.

**How long have you worked for AAFES:** I’ve worked for them for 32 years.

**Hometown:** Wuerzburg, Germany.

**Hobbies:** I like soccer, politics and walking.

**What have you learned, working around Americans for so long:** I’ve learned English, and how to cook American-style food, like hamburgers, roast beef and turkey.

**Do you like American food:** I’m not a hamburger freak, but I like some of their other food, especially turkey. Sometimes I cook American food for my family as my kids like hamburgers.



**Name:** Lisa Reid.

**Job title:** 98th Area Support Group Health Promotion Coordinator.

**How long in Germany:** One year.

**What do you do:** I work under the direction of the Army Health Promotion Program which focuses on maximizing readiness, combat efficiency and work performance. The goal is Readiness Thru Health!

**Hometown:** Saint Louis, Mi.

**Hobbies:** Running, roller blading, reading and shopping.

**What do you like best about living here:** The scenery. I travel between Wuerzburg, Schweinfurt, Ansbach, and Bamberg on a regular basis and enjoy the drive every time. I love having the opportunity to travel to different countries and experience different cultures on a moment’s notice.

# Reliving the Civil War

## Reenactors turn the clock back to 1860s

by Christy Schutte  
CRUSADER

Although the U.S. Civil War took place over 100 years ago, the honor and respect for the soldiers who gave their lives is carried on today through reenactments.

The Federal Battalion of Germany, Civil War Reenactors, visited Leighton Barracks, Wuerzburg, May 5-7 to demonstrate this Civil War passion.

Adjutant Peter Schneider, Federal Battalion of Germany, has been in command since the battalion was founded five years ago and has been doing reenactments with various groups for over 35 years.

“Each member of this battalion shares a deep interest in the Civil War. It is great to see the young members of the group, as well as the old, sharing this same hobby,” Schneider said.

The group of reenactors arrived May 5 to set up their campsite, which consisted of 10 replica tents resembling those of the Civil War. The next day’s itinerary included a formal roll call, drill inspection, lectures, and a seminar on the Federal Battalion of Germany. The last day’s itinerary included field drills and a formal dress parade.

Schneider said that the group does reenactments all over Europe year-round. “This particular weekend is a training weekend for 20 officers and noncommissioned officers,” he said.

Lt. Col. Knut Ohmann, Federal Battalion of Germany, said that the reenactors come from various places all over Europe. “We have members from Germany, Great Britain, Holland, France and America,” he said.



Christy Schutte

Adjutant Peter Schneider, left, Federal Battalion of Germany, directs an infantry drill with some members of a Civil War reenactment group.

Schneider added that one of the goals of the battalion is to educate others. “We strive for historical authenticity and we want people to learn of the history of the U.S. People from all over America and Europe may have ancestors that fought in the Civil War,” he said.

The next reenactment will take place June 2-4 at the American facilities in Babenhausen, Germany.

“This is our biggest reenactment of the summer. There will be approximately 500 reenactors there,” Schneider said.

Command changes at 106th Finance



**Machina** here from his previous assignment in the operations and maintenance branch of the U.S. Special Operations Command in MacDill Air Force Base, Fl. Machina and his wife Ann Marie have three daughters, Maria, 9, Angela, 7, and Jenna, 3.

Prepare for homecomings

Homecomings and reunions will be discussed at the next Operation Ready July 13 at the Cantigny Club. The one day seminar prepares family readiness group leaders, rear detachment personnel and chain of concern points of contact for the changes that come with re-deployments. For more information, call 350-7103 or (0931) 8897103.

Show off talents

Kids and adults have the chance to perform. A childrens’ talent show goes on stage at the Harvey Barracks Theater June 30 at 7 p.m. Adults can check out the Amateur Apollo show at the Endzone July 3 at 9 p.m. For more information on either event, visit the following website: [www.phattalentproductions.com](http://www.phattalentproductions.com) or call (0173) 4345879.

Leave bookbags home

Wuerzburg High School students should leave their back packs and book bags at home during final exam week June 12-15. Students only need to bring the books they need for testing and turn-in.

Check out fest

Check out the last days of the Kitzingen German-American fest on Harvey Barracks. The fest runs through June 12, with a fireworks display June 10 after dark.

Attend briefings

The Army Career and Alumni Program holds a pre-separation briefing in Kitzingen June 12-14. All separating soldiers must attend a briefing approximately 180 days before they leave the service. Call 355-2462 or (09321) 3052462 for information.

417th BSB

The Crusader, 417th Base Support Battalion, editorial office is located in building 145, Harvey Barracks, telephone 355-8575 or (09321) 305575. Mailing address is PAO, Crusader, 417th Base Support Battalion, Unit 26124, APO AE 09031.

The 417th BSB hot line is 355-8999 or (09321) 305999.

Phone numbers for patient liaisons are: Kitzingen, 355-8415 or (09321) 305415; Wuerzburg and Giebelstadt, call the 67th Combat Support Hospital, 350-3874 or (0931) 8043874.

417th BSB  
Commander ..... Lt. Col. Frank Wheeler  
Public Affairs Officer ..... Gabriele Drake  
Journalist ..... Lisa Soule

Soldiers return with lighter load

by Lisa Soule  
CRUSADER

First Infantry Division soldiers returning from Kosovo have left something behind. Most of their equipment will stay downrange and the incoming 1st Armored Division soldiers will take charge of it.

“The equipment swap is a lot like playing musical chairs, but it’s a system that makes sense,” said CWO 4 Allen Sims, 1st Inf. Div. property book officer.

“Our leadership has taken the lessons learned from Bosnia and adopted smarter ways to do business,” Sims said.

Leaving the equipment in the Kosovo region saves the Army transportation dollars.

“We are saving taxpayers money, and making a smooth transition downrange,” Sims said.

Returning units are re-supplied by war reserves in the Central Europe Ground Equipment centers throughout the region.

In Kitzingen, the Division Support Command has corralled the incoming vehicles and other supplies in a holding center near the airfield. Once documentation is complete, units come to sign for their new gear.

Receiving points have also been established in Katterbach, Vilseck and Bamberg.

“Equipment coming in to backfill returning units is new or refurbished and in excellent



Lisa Soule

SFC Jorge Clemente, Headquarters and Headquarters Company, Division Support Command, checks shipping documents on the backfill Humvees.

condition,” said CWO 3 Masio Wilkerson, property book asset management and reports branch officer.

Though the paperwork and issuing process has the property book office personnel working

on overload, there are definite advantages to receiving units, Wilkerson said.

“Units will be stocked at 100 percent and be ready to deploy again if called upon,” he added.

Leroy, Big Mac cause tears

Pink slips catch up with retired soldiers

by Lisa Soule  
CRUSADER

Customers who come into the Defense Automated Printing Service are crying when they see the bulletin board.

At least that’s what Big Mac says.

Two pink slips are stapled to the bulletin board, announcing that Michael McCluskey, or Big Mac, and Leroy Kemp will be leaving soon.

The five-year rule has caught up to both employees who handle print jobs from throughout the 98th ASG.

The two retired soldiers pride themselves on customer service. “We treat customers the way we like them to treat us,” says Big Mac.

“Leroy and Big Mac are two friendly guys. They have an attitude that has a neighborhood appeal,” says customer Diane Hamilton.

Leroy is the quiet one, letting the six-foot tall Big Mac do most of the talking. He does most of his talking while he’s listening. Part of his attire

is a pair of headphones that are plugged into a miniature radio he wears clipped to his collar.

While he runs the high-tech copiers, he listens to his favorite radio station, even though a larger radio blasts the same tunes in the shop.

His favorite station? American Forces Radio, or AFN Wuerzburg. The two might just well be the station’s biggest fans.

Hardly a day goes by without one of the two requesting a song. In fact, Big Mac calls the station almost every morning.

“Big Mac is that one zany person who always has something clever or witty to say. He requests some bizarre songs, and we’ll miss his calls,” says Spec. Justin Gianunnzio, AFN’s morning DJ.

The business with AFN began years ago while Leroy and Big Mac were lunching with some DJs. “You know, Big Mac with his big mouth, he’ll talk to anybody,” laughed Kemp.

“A lot of people didn’t know the print shop existed and he wanted to get the word out,” Leroy said.

Both men are sorry to be leaving. But if you notice the pink slips hanging on the bulletin board, Leroy points out, “they’re hanging on the temporary side.”



Lisa Soule

Left, Michael McCluskey and Leroy Kemp check over a new print job request.

Students show off science expertise

Students from Wuerzburg Elementary School walk through science fair projects set up in the media room for public and school display on May 23. Students in the first through fifth grade took part in the annual science fair. Some teachers required participation of their students while others left it up to the students to submit projects on a volunteer basis. Projects could be done alone or within groups and students had six weeks to complete their tasks. Experiments ranged from mousetraps to telegrams to chocolate milk makers. Each participant received a certificate and exhibitor’s ribbon.



Christy Schutte

Spaces still free in Wuerzburg kindergartens

by Olivia Feher  
CRUSADER

German kindergartens in the Wuerzburg area still have more spaces than children to fill them.

“To receive full funding, every space has to be filled,” said Dr. Peter Motsch, Wuerzburg Social Welfare Department chief.

Johanna Hecke, Kindergarten Noah’s Ark in Lengfeld, Wuerzburg, said, “Our children in this kindergarten are between 3 and 6 years old. We have many different nationalities here, not just American children. It’s important for children to learn about cultures other than their own. Also, for teachers it’s a learning process dealing with different nationalities.”

“My son, Eddie, 5, has been in this kindergarten since last October and the leader of his group is fantastic. She’s helped him so much to interface with the other children here,” said Eddie Devlin, an American parent.

“Although the German system is very different, they are more focused on play and social skills whereas we emphasize educational skills more. They all catch up with each other in elementary school,” Devlin said.

“I’d recommend to any parent to take advantage of the situation they’re in and put their child into a German kindergarten. There’s something fundamentally right about seeing kids play,” Devlin said.

“When American children first come, they tend to be shy, just

like children everywhere in a new environment,” said Marion Weissbach, Eddie’s group teacher.

“Here we have four groups of about 25 children each, so we try not to have all the American children together. This way they make new friends quicker and learn to speak the language faster.

“Of course parents have to play a larger role than they perhaps would in an American kindergarten. But as Germany is so international nowadays, almost everyone speaks at least a little English,” Weissbach said.

If interested in placing your child in a German kindergarten, call the Wuerzburg Central Registration Office at 350-6452 or (0961) 8896452, or drop by building 14 on Leighton Barracks.

# The A-G Society offers burning benefits

**by Christy Schutte**  
CRUSADER

Exercising while using poles in each hand has typically involved skiing – until now.

Nordic Walking, which began in Finland, is a sport that involves walking under the guidance of an expert with special poles in each hand, thus burning 40 percent more calories than walking alone.

Nordic walking is becoming more popular, not only because of the great physical benefits, but also for the pleasure.

“The benefits of Nordic walking go beyond the 400 plus calories that are burned per hour,” said Sari Vilkki, Nordic Walking trainer and coordinator who began the program with the American-German Society a year ago when she moved here from Finland.

“In addition to the benefits of walking alone, using the poles while walking works the muscles in the upper body and shoulder area, relieving tension that can be built up, particularly if you have a sedentary job. Also, if you have problems with your knees, the poles are great for support and safety, unlike running which is bad for the joints,” Vilkki said.

She said that the speed and distance the group walks varies. “We go anywhere from five to 10 kilometers, depending on the speed and newness

of the group. There are usually five to seven people that take part each week. Every few weeks someone may leave or we’ll get a new member.”

Klaus Zepke, member of the American-German Society who joined the group in January, thinks the size of the group is one of its benefits. “This is a perfect size because people can be trained better. We walk through any kind of weather – rain, snow or sunshine, and with a small group it is also easy to relax, play games and sing songs.”

Vilkki, who coordinates Nordic walking with other groups in addition to the American-German Society, said that a person does not have to be in top-shape to take part in Nordic walking. “Nordic walking is for everyone – men and women of all ages. The most important thing is to have fun. We aren’t professionals and we aim for everyone to leave smiling,” Vilkki said.

The American-German Nordic walking group meets every other Saturday in Hettstadt and walks from 11 a.m. to 1 p.m. For more information, call Sari Vilkki at (931) 4609780 or by email at [sari.vilkki@iobox.fi](mailto:sari.vilkki@iobox.fi).

The American-German Society hosts several activities and social meetings throughout the year. The next American-German Stammtisch is Thursday, June 15. For more information, call Klaus Zepke at (931) 60329.



Rosemarie Zepke

**Members from the American-German Society Nordic walking group take a brake from walking. From left to right, Brigitte Schuck, Rose Liebert, Klaus Zepke, Sari Vilkki and Bruno Schuck.**



Kimber Fox

## Sail away

**The Chiemsee Resort, one of the Armed Forces Recreation Center Resorts in Europe, offers a learn to sail program this summer. AFRC will teach you how to ride the waves, keep a logbook and obtain your sailing certification. For more information on sailing and other summer programs, call 440-2575 or (08821) 72981, or log onto the website at [www.afrcurope.com](http://www.afrcurope.com).**

# Germans are baseball ‘Wizards’

## Americans play on German ball team

**by Lisa Soule**  
CRUSADER

Peanuts and Crackerjacks give way to mustard-covered Bratwurst. But the game on the converted soccer field near downtown Kitzingen is baseball, American style.

There are ground rule doubles, time and mercy rules.

“It’s a lot like little league,” said Andy Puhl, one of the original members of the Wuerzburg Wizards baseball team.

“Most Germans grow up with a soccer ball. When they start playing baseball, they wonder which hand to put the glove on and how to hold the bat. We have to teach them the game from the beginning,” Puhl said.

That’s where the American players can help. Though the league rules allow only three Americans on the field at once and limit their pitching time, the knowledge of the game they pass on to the team is important.

“Since Germans don’t grow up with the game, they look up to the Americans on the team,” said American player Spec. Justin Gianunnzio, American Forces Network, Wuerzburg.

Now playing his second season with the Wizards, Gianunnzio said he was glad to find the team. “I was looking for a baseball team since I arrived. Everyone I asked said they don’t play baseball in Europe,” he said.

The Wizards have been together for eight years, and the Americans on the team have come and gone. “They have taught us a lot, and it’s more than just baseball. The barbecues and get-togethers we have are great German-American relations,” Puhl said.

Many past team members still keep in touch, writing letters and asking how the team is doing.

SSgt. Lester Richmond, Battery D, 4th Battalion, 3rd Air Defense Artillery, and PFC Michael Stacke, 1st Military Police Company, also play with the Wizards.

“Since there are no baseball teams on post, I play here. I like the competition,” Richmond said.



Lisa Soule

**Spec. Justin Giannunzio is on deck for the Wuerzburg Wizards.**

# Roundup

## Register for biathlon

Sign up to run and bike in the parent-child biathlon June 17 in Giebelstadt. Youth services and the Nike swish club host the event. Parents begin the relay with a run, then tag the child who finishes on bike. A free barbecue follows the program. Register at local teen centers or call 352-7231 or (09334) 87231.

## Fitness instructors needed

Physical fitness centers in the 417th BSB are seeking certified personal trainers and aerobics instructors. If you are qualified and interested, call 355-8847 or 0174-6579185.

## Schweinfurt hosts softball

The Schweinfurt men’s and women’s community softball teams will host a doubleheader against Hohenfels on Conn Barracks June 24. Both sets of games begin at 11 a.m. The women will play on Red Field and the men will compete on Pendleton Field. For more information, call 353-8234 or (09721) 968234.

## Meet major leaguers

Schweinfurt will welcome two former major leaguers to the commissary in Asken Manor Housing Area June 20 from 2-4 p.m. Ed Whitson and John Tudor, who were pitchers for several teams in the 1980s, will sign autographs and meet fans as part of the baseball legends’ European tour.

## Join the club

The Schweinfurt Youth Services Booster Club is looking for a few good members. Volunteers are welcome to help run the youth sports programs. For more information, call 354-6822/6308 or (09721) 966822.

## Compete in triathlon

Train now for the 417th BSB triathlon at Larson Physical Fitness Center June 17 at 9 a.m. The competition includes a 200-meter swim, 5-kilometer run and a 10-kilometer bike race. Participants must use their own bike and helmets are required. Pre-registration is not necessary. Signup takes place before the competition. For more information, call 355-2611 or (09321) 305651.

## Fire up the fourth

Unit-level softball teams can explode on Dawson Field over the Independence Day weekend. The July 1-4 tournament will also feature a homerun derby. Registration ends June 16. For more information, call 350-7378 or (0931) 8897378.

## Aerobithon set

Jazz up your life in the Leighton Barracks with a three-hour Aerobithon June 10 at 10:30 a.m. The \$10 entry includes a T-shirt. Sign up at the gym or call 350-7378 or (0931) 8897378 for more information.

## Swing into golf

Enjoy a day at Bamberg’s Whispering Pines Golf Club playing on a challenging nine-hole golf course. Summer green fees are based on grade. Rent a set of golf clubs for \$8. For more information, call 469-7583 or (0951) 3007583.

## Get on a raft

Experience the adventure of white-water rafting with Bamberg’s Recreation Center June 17 and 18. Bus departs at 4 a.m. June 17. Cost is \$120 per person. To sign up, call 469-7450 or (0951) 3007450.

## Shoot clay pigeons

Discover the thrill of shooting trap and skeet at Bamberg’s Rod and Gun Club every Sunday from noon until 4 p.m. Cost is \$12 for 25 birds and a round of 25 shells. If you don’t have a gun, rent a Browning firearm for \$2. For more information, call 469-7583 or (0951) 3007583.

## Enter bowling tourney

Compete in Bamberg’s Birchview Lanes king of the hill tournament the first Sunday of every month. Sign up by 10 a.m. and bowl at 11 a.m. Women receive a 10-pin handicap. Price per entry is \$40. For more information, call 469-7469 or (0951) 3007469.



Kristy Snedden

## Duking it out

**Left to right, Christopher Shouse takes a hit from opponent Hector Sosa, both from Headquarters and Headquarters Battery, 6th Battalion, 52nd Air Defense Artillery, in the unit-sponsored boxing smoker May 19 at the Katterbach fitness center. There were a total of eight matches in the light-weight through heavyweight range. The event was standing room only as the crowd cheered on their fighters.**

Just Do It

235th BSB

Personal trainer and fitness instructor certification courses are slated Sept. 14-16 at the Katterbach Fitness Center. The Civilian Fitness Program is coming soon. Kickoff date is July 17. For details, call Sharon Morejon at 467-2290.

279th BSB

Join in the 10-kilometer fun run through Bamberg July 2 at 10 a.m. Pre-register by June 26 and pay \$7.50. After June 26, cost is \$10. The first 800 participants to register receive T-shirts. There will be awards for top three men and women runners in open and military categories. A commander’s cup will be given to large and small unit categories for having the most participants finish the run. For more information, call George Bermudez at 469-8890.

280th BSB

Aerobics hit the mat at Kessler Fitness Center Tue and Thu from 6-7 p.m.

417th BSB

An aerobathon will be held at Leighton Fitness Center June 10 from 10 a.m.-1 p.m.

Civilian employees who want to take part in the Civilian Fitness Program must have their supervisor contact Lucian Kimble at 355-8847 for details.

CHPPM conference set

The U.S. Army Center for Health Promotion and Preventive Medicine-Europe hosts its fourth annual health promotion conference in Garmisch July 10-14. The conference is open to all health care providers and those serving in health promotion and wellness related fields or currently involved in health promotion program development and implementation, to include master fitness trainers, health teachers and school nurses. For more information, contact Lisa Reid at 351-4818.

Fitness tip

Take extra precaution with children during the summer months. Their body temperature rises faster and they sweat at lower rates than adults do. They should drink an extra half glass of water past the point of no longer being thirsty. Teens should drink an additional full glass. Also take extra care with family pets. Make sure plenty of water is available to them throughout the day. For more information on how to protect yourself and your family, call the Stratospheric Protection Hotline, (800) 296-1996 or visit their web site at [www.epa.go/sunwise](http://www.epa.go/sunwise).

Health & Fitness 2000

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# There is no healthy tan

## Learn not to burn, protect your family

by Roger Teel  
CRUSADER

A great national campaign to educate people about the dangers of skin cancer is currently underway in Australia.

“It’s epidemic there,” says Dr. (Lt. Col.) Jerry Miller, dermatologist at the U.S. Army Hospital, Wuerzburg.

“A sun tan is a sign of injury and we (dermatologists) do not advocate tanning,” he said. “When you tan, it is the skin’s response to injury, to solar damage. It’s your body’s way of trying to protect itself from further damage.

“So I don’t advocate laying out and tanning. I don’t advocate going to a tanning booth, which is a pretty unregulated industry in the United States. You never know how much radiation you’re actually getting.

“There’s no such thing as a healthy tan,” he said, lifting the phrase from the American Aca-

demy of Dermatology.

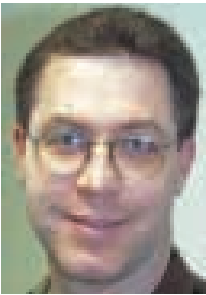
“It’s very important families protect their children,” he said. “Most lifetime exposure to ultra violet radiation occurs prior to age 16. So if parents can protect their children at a young age, it will help in the long run.

“Ultra violet light does induce skin cancers,” Miller said. “We may not see the effects of it for 10 or 20 or 30 years, but if a person has a fair complexion and burns easily, they really need to protect themselves.”

Sun screens are highly recommended, Miller said, but are only one part of a total skin protection package.

“Some people are under the misconception that they can wear sun screen and be totally protected. It’s just not true,” he said.

Dermatologists recommend sun screens with a sun protection factor, or SPF, of 15 or higher. Used in conjunction with a hat that covers the



Miller

ears, other protective clothing that covers the shoulders and arms, and avoiding the sun in the middle of the day, sun damage can be kept to a minimum, according to Miller.

“Sun screen also needs frequent application, especially with water activity,” he added.

“That’s where we start from,” Miller said, explaining the difficulty in educating people about the dangers of the sun. But with proper protection, people may never hear the words “malignant melanoma” or “squamous cell carcinoma” or “basal cell carcinoma.”

Miller laid the facts on the line.

“The sun damages the DNA in your skin. Your body has repair mechanisms, and skin cancers start when these repair mechanisms are overwhelmed.

“Basal cell skin cancer is the number one cancer by numbers in the United States of America. Period. But it’s usually easily treated if detected early. The first step is to protect yourself and your family from the dangers of the sun,” he said.

## Retirees benefit from health fair

**U.S. Army retiree Carnell Seals looks away as 2nd Lt. Molly Donohue draws a vial of blood during the U.S. Army Hospital, Wuerzburg, Retiree Health Fair held May 20. Seals and two companions drove from Hohenfels to receive a general health screening done by hospital physicians, nurses and technicians who volunteered to support the health fair. In all, 105 retirees attended for blood pressure, glucose, prostate cancer and dental screenings, and to have their questions answered by resident physicians. Hospital project officer Capt. Maleta Novak said she was pleased with the turnout and thought the hospital would continue with annual health fairs in the future.**



Roger Teel

# Beware of tick-borne diseases

by Candance Jones  
U.S. Army Hospital, Wuerzburg

Wet summers and mild winters, classic weather conditions in Germany, tend to increase tick density.

Peak tick activity depends on climate factors, and in central Europe, these peaks are in May/June and September/October.

Tick-borne encephalitis is a prevalent disease throughout areas of Europe where the Army is deployed. It’s a debilitating and potentially fatal disease. Individual soldiers and units need to take precautions to protect themselves from this disease.

Protective measures include avoiding tick-infested areas, proper clothing, tick repellants and buddy inspections.

If a tick bites you, in most cases the first symptoms of encephalitis don’t show up for one to two weeks after being bitten. A low-grade fever and flu-like symptoms characterize the first phase of the disease. This usually lasts two to four days, but can range anywhere from one to eight days. This phase is also followed by an

asymptomatic interval that lasts about eight days, but may last from one to 20 days.

The second phase occurs in 20 to 30 percent of all infected individuals. This phase is characterized by symptoms affecting the central nervous system, from meningitis to encephalitis/meningo-encephalomyelitis.

This is typical of ages less than 40 and the severity of the disease tends to increase with age.

In 23 percent of these patients, the infection is not apparent in the initial phase, a fact that may lead to an under-diagnosis. The manifestations of the second stage pass in one to three weeks, but between 6 and 46 percent will have lingering neurological sequelae, requiring prolonged rehabilitation.



Death from tick bites, in general, is typically only 1 to 2 percent in the U.S., but has been as high as 23 percent in the Far East. Mortality rates fluctuate in the various geographical regions and from year to year due to changing virulence characteristics.

Insect repellants are effective protection, but they must be applied up to the hairline and applied frequently. Equally important are buddy checks, having another person check you out for ticks. This may be difficult to perform in a field environment where shower facilities are not available, and larval or nymphal stage ticks are quite small and not easily recognized.

When entering an area of heavy brush or high grass, make sure there is minimal skin exposure – wear socks, long pants and long sleeves. Minimal skin exposure and plenty of insect-repellant provides the best protection from ticks.

For more information on tick-borne encephalitis, call the U.S. Army Hospital, Wuerzburg, at 350-3789/3892.

# Beat jet lag by taking good care of yourself

by Lt. Col. Todd Dombroski , D.O.  
Division Surgeon and Sports Medicine Physician

For many of us, summer means moves or vacations back to the United States. Flying across more than five time zones can result in a phenomenon known as “jet lag.”

This syndrome of body aches, gastro-intestinal, or GI, distress, fatigue and decreased attention is caused by a change in the body’s internal clock. The brain has a section called the suprachiasmatic nuclei, or SCN, that receives input directly from the retina in the eye. It expects a certain amount of light and dark per day.

More darkness results in the body’s increased production of melatonin and other chemicals that induce sleep. Many hibernating animals use this to prolong their sleep cycle.

Travelers going overseas usually experience a change in this light-to-dark ratio. Not only is the sleep cycle affected, many other-regulating hormones are affected, too. This produces jet lag symptoms.

It takes one day per time zone traveled for the body to readjust to the local light-dark ratio. Traveling eastward tends to produce more jet lag.

What can you do to trick your body? First, get as comfortable on the plane as possible. A deflatable wrap-around neck pillow and/or a pillow to support the lower back are highly recommended. Since jet lag is related to light exposure, consider using eye shades as even low levels of light can affect you. Over-the-counter sleep aids may also help.

Alcohol is not a good option. It changes the sleep cycle and can make one prone to mild dehydration. Melatonin pills are

available but are not effective as they do not seem to affect the brain SCN, nor do they reliably induce sleep.

Proper fluid intake to avoid dehydration is very important when flying. The humidity is very low in pressurized cabins, making one prone to dehydration. Plenty of non-cafeinated and non-alcoholic drinks may also help curb GI distress. Ask your flight attendant for extra water if you were asleep when the beverage cart went by.

After landing, bright light (preferably direct sunlight) exposure is important. If it is sunny outside, then try to stay awake. If it’s dark outside, stay in low light areas. Eat small, low-fat meals as the gut slows down from jet lag.

Enjoy your overseas trips more by beating jet lag first.